

## 200 Hour Foundation Yoga Teacher Training

### LOCATION

#### Prairie Yoga

4701 Auvergne Avenue, Suite 104  
Lisle, IL 60532  
www.prairiefoundation.org  
(630) 968-3216  
prairiefoundation@comcast.net

### PRIMARY INSTRUCTOR

**Reeny Linstrom, 500 E-RYT** has been a dedicated practitioner of yoga for 20 years and a teacher since 2001. She received her 500 certification from Prairie Yoga in 2007 and has been a faculty member of Prairie's Yoga Teacher Trainings for eleven years.

### SCHEDULE

#### Teacher Training Classes

(26) Thursdays 11:00 am - 3:30 pm  
September 28, 2017 - May 3, 2018  
No class: 10/26, 11/23, 12/21, 12/28, 3/29, 4/26

**10 FREE yoga classes** at Prairie Yoga are included with your tuition!

### TUITION\*

**\$3500 if paid in full by 9/7/17**  
\$3750 thereafter  
\$150 extra fee for payment plans.  
4.5% transaction fee is added for credit card payments

### ADDITIONAL REQUIRED EVENTS

Trainees must attend all three events at an additional charge (fees are not included in the teacher training tuition).

#### Marinda Stopforth

#### Fundamentals of Yoga Anatomy

#### 2 Schedule Options:

(6) Tuesday evenings, Jan 2 - Feb 6, 2018  
OR Weekend: Friday evening - Sunday, September 28 - 30, 2018

\$300 due 3 weeks prior; \$350 thereafter

#### Nicolai Bachman

#### Cakras, Sanskrit and The Yoga Sutras Unraveled\*

Friday - Sunday, Nov. 3-5, 2017  
(12 hours)

\$250 by Oct. 6, 2017; \$300 thereafter

#### Tias Little Yoga Events

Friday evening - Sunday, April 27-29, 2018, (12 hours)

\$350 by March 30, 2018; \$400 thereafter

*Schedule and requirements subject to change*



united with yourself, others and the world we live in.

Prairie Yoga 200 hour Teacher Training will deepen your own personal practice and prepare you to intelligently teach beginning and intermediate yoga classes from your own heart-felt path. We believe that establishing a firm foundation in your own yoga practice is key to becoming an inspiring yoga teacher.

You will learn how to use the tools and techniques from all eight limbs of yoga. Our philosophy is non-dogmatic. We offer a contemporary approach deeply rooted in the ancient wisdom of classical yoga. By immersing yourself in the study of yoga, you move toward becoming a balanced, whole individual deeply

### THE EIGHT LIMBS OF YOGA

**Yama** (social ethics to live in harmony with others)

**Niyama** (personal ethics to live a balanced life)

**Asana** (postures to build strength and flexibility so energy can flow freely)

**Pranayama** (breath control to increase your vital energy)

**Pratyahara** (internalizing the senses to reduce external stimulation)

**Dharana** (developing concentration and focus)

**Dhyana** (sustaining our focus to enter into meditation)

**Samadhi** (Oneness)

### LEARN HOW TO:

- Include all eight limbs of yoga in your practice and teaching
- Understand the energetic effects of asana, pranayama, bandha, meditation and the basic principles of Ayurveda
- Rid ourselves of habitual patterns, create a healthy balanced state and restore energy
- Train the mind to become still and develop self-awareness
- Sequence to emphasize different energetic effects, themes and intentions
- Apply key alignment principles
- Integrate the intelligent use of vinyasa (breath-synchronized movement)
- Understand anatomy of the physical and subtle bodies
- Balance the opposing forces of grounding/lightness; stability/ease; and strength/flexibility
- Introduce sound-based yoga practices such as chanting and simple mantras
- Refine your teaching language to be very clear and specific
- Demonstrate visually to emphasize key actions
- Adjust students manually to reinforce alignment principles in a safe and appropriate way
- Modify for common student issues
- Organize a yoga class to create a supportive environment for transformation
- Market yourself as a yoga teacher; understand common yoga financial agreements and insurance; and build healthy business relationships
- Gain insight into the ethics of teaching yoga

### PREREQUISITES

The training is designed for those who want to become yoga teachers as well as for those who want to deepen their own personal practice and immerse themselves in the study of all aspects of yoga. One year of consistent yoga practice is required to enroll. Your commitment to learning and dedication to your own personal transformation is key to enjoying the benefits of this training.

## ADDITIONAL CERTIFICATION REQUIREMENTS

- Complete 15 hours of Fundamentals of Yoga Anatomy training with Marinda Stopforth plus 6 hours of non-contact anatomy workbook.\*
- Attend 12 hours of Tias Little Yoga Events.\*
- Attend 18 hours of elective master yoga teacher workshops.\*
- Attend 12 hours of Sanskrit and yoga philosophy with Nicolai Bachman.\*
- Observe and assist a senior teacher: 15 hours.
- Complete all homework assignments (approximately 3-5 hours per week).
- Teach 2 community classes.
- Read 4 of the 6 required books and write a 1-2 page review for each.
- Teach 2 private yoga lessons and write an overview.
- Teach yoga to a needy group at no charge (community service/karma yoga).
- Provide proof of CPR certification.
- Complete a 20-hour self-study project in a specialty area of yoga that interests you. Present your exploration as a document, video, class or other medium appropriate for your topic.
- Demonstrate the ability to teach an inspiring Level 1-2 yoga class clearly, safely and appropriately.

\* Fees for required and elective workshops are not included in tuition.

## BOOK REQUIREMENTS

### Yoga Teacher Training Manual

The extensive yoga teacher training manual is included in your tuition.

### Required for Coursework

(purchase on your own)

*Light on Yoga* by B.K.S. Iyengar

*Yoga for Wellness* by Gary Kraftsow

*Yoga Sutras of Patanjali* translated by Swami Satchidananda

*Scientific Keys 1: Key Muscles of Yoga* by Ray Long

### Required Reading (Pick 4 out of 6)

*Peace is Every Step* by Thich Nhat Hahn

*Bringing Yoga to Life* by Donna Farhi

*The Tree of Yoga* by B.K.S. Iyengar

*Living Your Yoga: Finding the Spiritual in Everyday Life* by Judith Lasater

*Fire of Love: For Students of Life and Teachers of Yoga* by Aadil Palkhivala

*Health, Healing and Beyond* by T.K.V. Desikachar

- To register, answer the application questions below and send via email to [prairieyoga@comcast.net](mailto:prairieyoga@comcast.net)
- Mail your \$100 application processing fee (non-refundable, except if you are not accepted) to Prairie Yoga or call the studio to pay by credit card. You may also submit your application and pay the application fee online.
- Upon acceptance, please contact us to arrange your tuition payment and to receive a copy of the trainee agreement.

### 10 FREE yoga classes are included with your tuition

Begins with your first tuition payment and expires August 31, 2018. Special events, series classes, workshops and trainings are not included. No exceptions. No cash value. Non-transferable. Non-extendable.

Please make all checks payable to Prairie Yoga. *Returned checks subject to \$50.00 fee.*

### \_\_\_\_\_ \$100 application processing fee

(non-refundable, except if you are not accepted)

### \_\_\_\_\_ \$3500 if paid in full by 9/7/17

\_\_\_\_\_ \$3750 thereafter

\_\_\_\_\_ Payment plan available for additional \$150; See 5 month payment plan option available on website within training description or call the studio.

**Refunds:** Requests for refunds must be submitted in writing to the Director, Lori Gaspar. Refunds are limited. See website for details.

## APPLICATION

**Please email responses to: [prairieyoga@comcast.net](mailto:prairieyoga@comcast.net)** (include original question in response). Upon acceptance, you will be sent an agreement which outlines the policies and certification requirements.

1. Name
2. Address
3. Primary Phone
4. E-mail address
5. Emergency Contact
6. Date of Birth
7. How long have you been practicing yoga? Please describe your personal yoga practice.
8. What yoga style or method have you practiced? Do you prefer a certain style?
9. Do you have a job? If so, please describe.
10. Are you teaching yoga now? Where? Approximately how many hours per week?
11. Why are you interested in this training? What do you hope to gain from this experience?
12. Have you studied yoga before? Where and with whom?
13. Please describe your health history.
14. Please describe your emotional and mental health.
15. How is your health now? Do you have any recent injuries? Please describe.
16. Are you currently taking any medications? Please describe.
17. List activities, hobbies, interests.
18. List anything interesting you would like us to know about you.
19. Identify the dates and location of the program you're applying to (200 TT Thursdays 2017-18 Lisle).

*If paying by credit card (4.5% transaction fee will be added):*

Credit Card #:

Expiration:

3-digit security code:

Signature:

Date:

